



Get Skin Savvy

Brought to you by:



Regular skin checking will help you get to know your skin and catch anything early, making it easier to treat.

Type of skin cancer:

Basal cell carcinoma (BCC) & squamous cell carcinoma (SCC)

These are the most common forms of skin cancer, which arise within the top layer of the skin, appearing anywhere, but mostly on sun exposed sites.

BCC: usually slow growing, a pinkish bump that can bleed and scab.

SCC: usually quick growing, a thickened scaly, or red ulcerated bump that can be painful and bleed.

Melanoma

This is less common, but much more dangerous. If left, the cells can grow deeper into the skin and travel to different areas of the body.

The 'ABCDE' Rule will help detect warning signs...

How to perform a skin check:

Once a month, examine your skin in a well-lit area, noting all moles, marks and spots, charting the location, appearance, and dimensions of each. Taking pictures can be helpful, as can the help of 'another' for those 'hard-to-see' places:

1. Start with your front, back, left and right sides.
2. Bend elbows and check forearms, back of upper arms and palms.
3. Check backs of legs, feet, spaces between toes, soles of feet, and nails.
4. Examine back of neck, part hair to check scalp using a mirror or torch.
5. Carefully check your back and buttocks.

If you spot anything new and/or changing, whether coloured or not, bleeding, crusty or itchy, contact your GP IMMEDIATELY.



A



ASYMMETRY:

One half of the mole does not match the other

B



BORDER:

Irregularity including, ragged edges

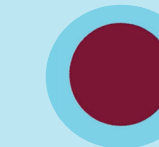
C



COLOUR:

Shades that are not uniform

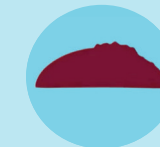
D



DIAMETER:

Greater than the tip of a pencil eraser

E



EVOLUTION:

A change in size, shape, or elevation of a mole

For further information visit melanoma-fund.co.uk/golf